

Windsor High School's Winter & Fall Sports Conditioning Information

Winter Sports Conditioning:

Girls' and Boys' Basketball, Wrestling, and Sideline Cheer can start conditioning on October 19th. Exact dates and times will be sent out later. The first two weeks will be outdoors with no equipment.

Fall Sports Conditioning:

Football, Golf, Cross Country, Volleyball, and Competition Cheer can start conditioning on November 16th. Exact dates and times will be sent out later. The first two weeks will be outdoors with no equipment.

Must Complete Before Conditioning:

- Must have a physical and the VHSL physical form completed on or after May 1st 2020
- Must have complete the Acknowledgement of the Concussion materials
- Must have completed the Acknowledgement of Participation in the Covid-19 parent mitigation form

<https://whs.iwcs.k12.va.us/> - this is the link to the WHS web page where the forms can be found.

Winter Parent Meeting Dates and Zoom Links:

- Sideline Cheer - October 12th at 6pm
<https://us02web.zoom.us/j/89574054101?pwd=djJyMFZSeU9QeFpjdGd6VFB4NkZoQT09>
- Wrestling - October 13th at 6pm
<https://us02web.zoom.us/j/87806116997?pwd=c0Rka1I1NFU1T2ZZbWNUVVZqaG9rdz09>
- Girls' and Boys' Basketball - October 14th at 6pm
<https://us02web.zoom.us/j/86956809676?pwd=UWkyeEJ2K0pBbW0zNk5tWmE0bkpuUT09>

Fall Parent Meeting Dates and Zoom Links:

- Football - November 9th at 6:00pm
<https://us02web.zoom.us/j/81813330973?pwd=b0I3REJ0WUZtTUs4Z0o3RDNtNzd3dz09>
- Cross Country and Golf - November 10th at 6:00pm
<https://us02web.zoom.us/j/86072144126?pwd=U0FUb0M2a3dBaENlaDVRyYmVBNW1KUT09>
- Volleyball - November 12th at 6:00pm
<https://us02web.zoom.us/j/82413556218?pwd=ZjdZdzZhODNVMHIVSk5kSk5CcjbWQT09>
- Competition Cheer - November 12th at 7:30pm
<https://us02web.zoom.us/j/81803664890?pwd=dWVdDaHNZS0JTdXdWNINrZkJoVi92UT09>

The parent and student athlete must attend the zoom meeting or watch the recorded zoom session prior to attending conditioning. Each zoom session will be recorded and posted on the WHS website.

Information in regards to springs sports conditioning will be provided at a later date.

Copy and paste the links above to access the information mentioned in each section.
(Make sure after you paste the link that it begins with <https://> because it may be replaced with a question mark.)

